

American Red Cross Lifeguarding Classes



Class Information

Session 1:

May 31-June 4

8:30am-11am

5 Classes

Session 2:

June 6-June 10

8:30am-11am

5 Classes

Session 3:

August 1-August 5

8:30am-11am

5 Classes

Price: Member: \$230 Non-Member: \$250

Location

Memorial Outdoor Pool

421 E. Homestead Street

Medina, Ohio 44256

Can register online at

<http://medinaoh.org/medina-rec>

Call 330-721-6942 to find out how you can be reimbursed for the registration fee.

Class Description

We are excited to offer you the American Red Cross Lifeguarding r.17 Course. This course combines online learning with in-person skill sessions where you will practice skills and demonstrate competency. The program includes Lifeguard Training, First Aid, and CPR/AED. The program content includes patron surveillance, water rescues, first aid and how to provide care for adults, infants and children suffering from respiratory and cardiac emergencies. Upon successful completion, participants will receive a Lifeguarding, First Aid and CPR/AED Certification valid for 2 years.

Policies

1. Must be at least 15 years old by the completion of the course
2. Must attend and actively participate in all class sessions
3. Must Complete all eLearning Modules before each class session
4. Make-Ups for missed material are not available.
- 5 All body piercing and jewelry must be removed during water training and testing
6. Participants must wear proper and appropriate swimwear. For Men, gym shorts are not permitted and Women are required to wear a one piece swimsuit

Pre-Requisites/Pre-Test

The pre-test consists of swimming skills that will help the instructor determine if the candidates abilities are enough to participate in the program. This includes:

- 300 yard (10 pool lengths) continuous swim. Must demonstrate breath control and rhythmic breathing and may swim using only the front crawl or breaststroke or the combination of both. No swimming on back or side. Swim Goggles may be used.
- Swim 20 yards, surface dive to bottom of pool (7-10ft deep), retrieve a 10lb brick, return to the surface and swim back 20 yards to your original start point. This must be completed within 1 minute and 40 seconds. Swim goggles are not permitted.
- Tread Water for 2 minutes using only your legs. Hand will be placed under the armpits.